



**Dr. Shelissa
Thomas**

BIO

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SHORT

Shelissa Thomas has over 24 years of experience transforming lives through addiction recovery and mental health services. As the CEO and Co-Founder of Restore LLC, she's turned personal tragedy into purpose, creating hope and healing for individuals and families. Her faith and passion led to the opening of Alaska's first African-American woman-owned crisis stabilization center, setting new standards in care. Her unwavering faith lets her see even complex issues through the belief that "With God, all things are possible." Dr. Thomas is a Mental Health and Addiction Recovery Specialist, Life Coach, Pastor, Inspirational Speaker, and Int'l Best-Selling Author of "Going Beyond Your Now". She is the creator of the M.M.T.(Mindful Momentum Technique), which she uses along with other modalities to help client's re-program the subconscious mind to heal from unrecognized or undiagnosed traumas.

EXECUTIVE BIO

Dr. Shelissa Thomas has over 24 years of professional experience in addiction recovery services. Dr. Thomas's journey as a confident and caring CEO began when she co-founded Restore LLC, formerly known as Restore Incorporated, Drug & Alcohol Treatment Behavioral Health Services along with her husband Timothy in 2011. In 2015, Mindful Reflections was created as a safe space to explore crisis, trauma, and relationship issues for individuals in need.

What sets Dr. Thomas apart is that she is a visionary at heart with a deep seeded compassion for the wellbeing and safety of humanity with an unmatched tenacity. Her never-ending faith allows her to view a human condition that others may deem as too complex or unsolvable through the lens of, "With God, all things are possible." Combining her love for the Lord, the support of her family, and her instinct for getting things done she has been able to successfully turn seeds of need into thriving businesses that serve the needs of her community as a whole.

Dr. Thomas intuitively understands the threads of opportunity that wind through an organization and has the unique ability to connect them together in a cohesive and actionable manner. She has a natural talent for helping others extend and reshape their thinking and is adept at assisting other business owners in gaining a winning advantage.

Dr. Thomas brings extensive knowledge of organizational growth, industry-leading outcomes, and comprehensive marketing strategies to Behavioral Health, Addiction, and Recovery Services through her work at Restore Incorporated Ministries. Dr. Thomas is an inspirational industry leader whose storytelling around recovery, addiction and rehabilitation moves others to empathetic compassion and action.

In 2002, Shelissa's brother began to struggle severely with hopelessness and addiction that eventually led to him committing suicide in 2006. This loss had a profound impact on Dr. Thomas and became the catalyst that moved her to focus her work on specializing in rehabilitative support services in drug alcohol and mental health treatment. Her path has truly been driven by her relentless commitment and ambition to help make treatment available to all individuals who are struggling with addiction and behavior health difficulties.



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In 2011 Dr. Thomas created Restore Inc., as a grace-based therapeutic counseling reintegration center with a mission is to assist individuals with the courage to change their lives. The organization's philosophy is to affirm hope and healing to provide the highest quality outpatient and inpatient residential behavioral health care, substance abuse and recovery support to individuals and their families. In 2021 they successfully opened Refine Crisis Stabilization and Detox Center.

This massive endeavor forever marked Dr. Thomas' place in history as being Alaska's first crisis stabilization center and the only treatment or stabilization facility in the state owned by an African-American woman.

Currently, as a CEO of for-profit and nonprofit programs, Dr. Thomas oversees nine residential treatment operations with various level of care, two sober living recovery housing, intensive outpatient, and a 32-bed Detox and Crisis Stabilization facility that also provides services for Crisis residential. Together, these entities deliver a complete continuum of rehabilitative care driven by technology, research, clinical experience, human dignity, and compassion. The services provided by Restore Inc. improve participants overall functioning and enhance their quality of life through a collaborative person-centered approach that is culturally relevant, evidence-based, and transformative.

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Dr. Thomas is also a credible author of books that empower individuals to change their lives. Dr. Thomas is well respected as a leading voice within the rehabilitative services space and frequently called upon by Local, State, and National Officials to provide insight on how the success of Restore Incorporated can be replicated, as the need for services continues to grow nationwide.

On a personal note, Dr. Thomas finds great joy in traveling and learning about new cultures, reading, keeping physically active, and enjoying time with her grandchildren. She presently resides in Alaska with her husband, Timothy, and four adult children who are also, a vital part of the success and mission of Restore Inc.



Visionary Leader in **ADDICTION RECOVERY AND MENTAL HEALTH**

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TARGETED AUDIENCE:

Age: 21 - 60

Gender: 50% Male - 50% Female

Seeking Increased Personal Development

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